

Deadline:

Office:

Name:

Department:

Research Group:

Have you noticed? Your own level of stress, or mental fatigue...

Try taking a stress check

■ A stress check is a test designed for the self-care of one's mental health.

By simply answering the questions on the questionnaire, you can determine the state of your own stress and the extent of its effects, then use the results to appropriately cope with it.

■ **The results of the test are notified directly to the user** and, as a rule, are not seen by anyone else other than those involved in the test (the practitioner and office staff implementing the test).

■ **Follow-up sessions are provided** for those who are determined to need them based on the results. Upon the request of such users, they will be provided with guidance on the physician's interview.

■ The results will be **aggregated and analyzed for each group in a manner that does not identify individuals, and will be used as data for ascertaining the stress situation in the workplace** and implemented for improving the level of comfort in the work environment.

The stress checks are conducted under the Stress Check System stipulated in Article 66-10 of the Industrial Safety and Health Act.

Although not mandatory, you are encouraged to actively take the test for your own stress management and to improve the level of mental health of the entire workplace.

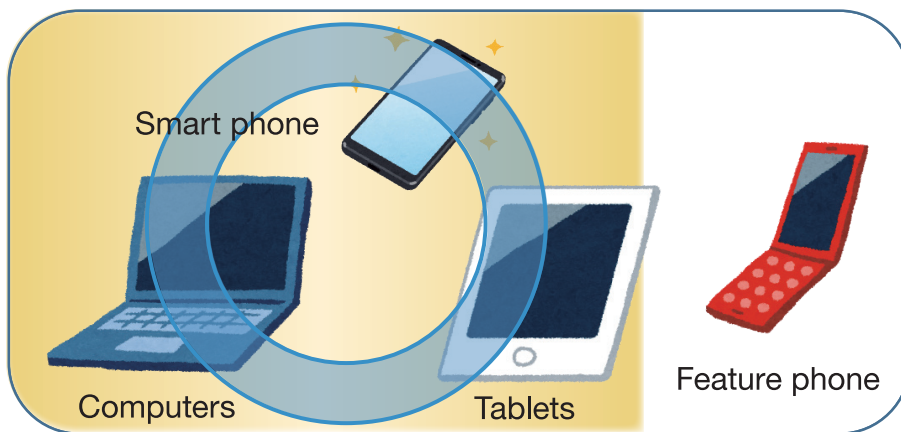
<Article 66-10 of the Industrial Safety and Health Act>

Business operators shall conduct inspections of their workers to ascertain the degree of their psychological burden by employing a physician, public health nurse, or other person designated by the Ministry of Health, Labour and Welfare, as specified by said Ministry.

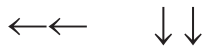
Firstly, read the "Guide to the Online Medical Interview" on the reverse side of this form carefully to ensure that you understand the objective outlined above and how personal information is handled prior to answering the interview.

Guide to the Online Medical Interview

- The online medical interview can be accessed on any computer, smartphone, or tablet connected to the Internet.
- There is no need to download an app for this.
- You can take the interview by accessing the following website and entering your **access key**.



Click here to access the Dokodemo Monshin (Stress Check)



<https://www.marshealthplatform.jp/dokodemo/ss>

Alternatively, you can access the “Dokodemo Monshin Online Medical Interview” on the Saga Occupational Health Association website.

The access key for (your name) is 000000.

Please respond by (due date).

Stress checks based on this survey will be conducted by the
Saga Occupational Health Association on consignment.

- When conducting the stress checks, the Association will endeavor to take all possible measures to protect personal information by limiting the handling of data to staff who conduct and administer the checks, and by enhancing security to protect personal information from unauthorized use, leakage, and loss.
- In principle, data such as responses to the questionnaire and subsequent results will only be used for procedures related to the stress check system, such as stress checks and guidance for the interview. However, it may be used for academic research for the improvement of public health, etc., or provided to users as aggregated data that does not identify individuals.

* The medical interview includes a field to confirm consent for the provision of data for academic research and other purposes. Data belonging to those who do not consent will not be used.